

How Can I Help?

You can help support Centering for Wellness' mission to improve quality of life, and support compassionate care and prevention practices in this community.

Mail your tax deductible charitable contribution by sending a check or money order payable to:

Centering for Wellness, Inc.
PO Box 18356, Rochester, NY 14618

Or pay online by going to:
www.centeringforwellness.com/donations
and clicking on the PayPal link.



Centering for Wellness

*Grassroots Self-Care for
Innovative Wellness Solutions*

Centering for Wellness, Inc.
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Mission, History & Philosophy

Centering for Wellness, Inc. is an organization whose mission is to promote individual well-being, improve functioning and quality of life, increase self-responsibility, and sustain healthy lifestyle and coping responses within a variety of health care, educational, and community outreach settings.

Our organization, established in late 2008, serves the Greater Rochester, NY area, as well as the NYS region. Centering for Wellness' founder and executive director, Marjorie Baker Price, RN, is a community health and psychiatric nurse clinician, certified hypnotherapist, and Level III Reiki Master, who brings a uniquely integrative holistic approach to promote self-help empowerment and wellness practices.

Simple wellness, coping and self-help, tools can significantly improve individual and organizational responses to the ever-increasing functional challenges and stressors that exist in our society. This long-time need has been more recently exacerbated by the deterioration of financial and health care systems. Individuals struggle to function effectively, having been forced into disempowered choice-making. It is now being established that prevention is the key to treatment and successful problem solving, which is the mission and work of Centering for Wellness.

Current & Projected Programs

- ✦ ***Empowerment Practices for Teens with Cancer to support greater coping and healing responses***
- ✦ ***Geriatric nursing leadership initiative to improve care of the elderly***



- ✦ ***Self-help and self-healing holistic practices for recovery from post-traumatic stress***
- ✦ ***Holistic comfort interventions to support end-of-life care***

Areas of Focus:

- Self-help & holistic healing practices for people dealing with life-threatening and chronic illness.
- Holistic treatment practices and new leadership team-building skills for health care professionals.
- Behavioral and empowerment self-healing processes for brief recovery in post-traumatic stress disorder.
- Wellness and empowerment practices for integrative learning and higher development.

